

## **Description of Swim Lesson Levels- a brief overview**

**In Level 1**—Introduction to Water Skills, your child is introduced to basic skills as the foundation for future skills.

- Entering the water independently using ladder, steps or side.
- Traveling at least 5 yards, bobbing 3 times then safely exiting the water.
- Gliding on front supported at least 2 body lengths.
- Rolling to a back float for 3 seconds with support.
- Recovering to a vertical position with support.

### **Level 2**—Fundamental Aquatic Skills

- Stepping from the side into chest-deep water.
- Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position.
- Moving into a back float for 5 seconds, rolling to front then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

### **Level 3**—

Stroke Development include—

- Jumping into deep water from the side.
- Swimming the front crawl for 15 yards.
- Maintaining position by treading or floating for 30 seconds.
- Swimming the elementary backstroke for 15 yards.

### **Level 4**—

Stroke Improvement include—

- Swimming the front crawl for 25 yards.
- Swimming the elementary backstroke for 25 yards.
- Swimming the breaststroke for 15 yards.
- Swimming the back crawl for 15 yards.
- Open turns on the front and back

### **Level 5-**

Stroke Refinement include—

- Performing a shallow-angle dive into deep water.
- Swimming the front crawl for 50 yards.
- Swimming the elementary backstroke for 50 yards.
- Swimming the breaststroke for 25 yards.
- Swimming the back crawl for 25 yards

### **Level 6-**

Fitness Swimmer include—

- Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.
- Demonstrating turns while swimming.
- Demonstrating etiquette in fitness swimming.
- Demonstrating various training techniques.
- Calculating target heart rate.
- Demonstrating the principles of setting up a fitness program.